

Souper Season of Comfort, Winter 2001

Power Pantry

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Canned Vegetables, Brightened

Hello. Here's more fruit and vegetable news that I know you're going to enjoy. Today's canning methods retain more nutrients than you would expect. You still get cancer fighting vitamins and antioxidants from canned fruits and vegetables. But sometimes, canned vegetables lose some of their color. That's why I like to freshen up their appearance with a little creativity. Here are some ideas: take this canned asparagus, and add sliced raw mushrooms, red bell pepper, or bottled red pimiento. With other vegetables, you might consider adding sweet corn, fresh parsley, or green onions and chives. It adds more color and flavor to your canned vegetables-and it's easy to do. The serving sizes are the same as fresh-basically ½ cup equals one serving. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Canned Vegetable Tips:

- 1. Add bottled red pimiento to canned green beans.
- 2. Sprinkle fresh parsley on canned potatoes.
- 3. Add sliced mushrooms to canned peas.
- 4. ½ cup canned vegetables equals one vegetable serving